

EZON 宜准

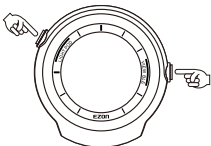
健步运动表简易使用说明书

Fit Sport Watch Instruction Manual

简介

感谢您购买EZON宜准健步运动表，本表内置计步器功能，可测量行走或跑步步数，显示运动距离和卡路里消耗；运动结束后还可在APP上查看运动数据及其柱状图。

解除/进入休眠状态

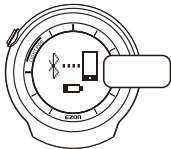


手表出厂时设为休眠状态(没有显示)。同时长按手表两个按键2秒，即可解除休眠回到显示状态。

如果手表仍不显示，可能是因为电池没电，请使用包装中附带的USB充电线给电池充电，然后再操作。

在显示状态同时长按手表两个按键2秒，手表进入休眠状态。

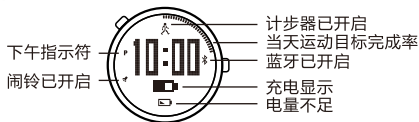
电池充电



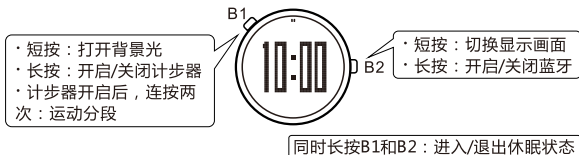
将提供的USB电缆一端的夹子夹住手表，夹子上的定位条应正对手表背面的凹槽，以确保USB电缆上的电极与手表背面的电极接触，USB电缆另一端与USB电源口连接。手表显示充电动画表示正在充电。

充电完成后，充电动画停止。完全没电的电池充满电需要2-3小时。

手表显示符号



手表按键功能



下载“宜准健步” App

手表的设置、运动数据的查看和保存均在“宜准健步” App 进行。

登录<http://ezonwatch.com/ezonsport> 或根据您的移动设备操作系统扫描下列二维码下载“宜准健步” App。



iOS



安卓

设备兼容性：支持蓝牙4.0的苹果设备或安卓设备。

系统兼容性：iOS6.0及以上、安卓系统4.3及以上。

注册和登录

安装“宜准健步”App后，点击“注册”，根据提示完成注册。

使用已经注册的用户名和密码登录“宜准健步”App，在“我的资料”页面填写个人资料。然后打开手表和移动设备的蓝牙，点击“绑定”，根据提示将手表与App进行绑定。

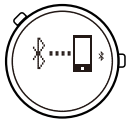
设置和同步数据

使用手表前，根据具体情况对手表进行相关设置。登录“宜准健步”App，点击“☰” > “⚙️”，根据提示进行相关设置。

运动结束后，登录“宜准健步”App，点击“🔄”即可将手表测量数据传输到“宜准健步”App。用户可在“宜准健步”App上查看、分享运动数据。

当手表出现右图显示画面，表示手表和“宜准健步”App需要链接。登录“宜准健步”App，将手表靠近移动设备即可。

**设置、链接、同步数据或添加设备过程中，
要确保移动设备和手表的蓝牙处于开启状态。**



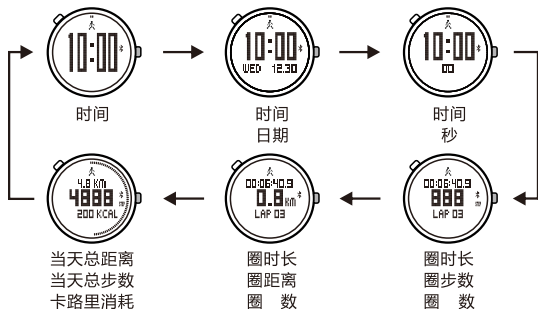
绑定新的手表

使用新的健步运动表前须和“宜准健步”App绑定。

登录“宜准健步”App，点击“⚙️”>“我的设备”>“添加设备”，然后根据提示操作。

在手表上查看数据

按手表B2键，可循环查看：时间、日期、秒、圈步数、圈距离和当天总的运动数据等(计步器关闭时，无法查看步数、距离等运动数据)。



手表提醒画面

手表还会根据设置出现相应提醒画面，按任意键退出提醒画面。



来电提醒



久坐提醒



运动提醒



闹铃提醒

产品规格

走时精度：+/-1秒/天(+/-30秒/月)

工作温度：-10 — 60°C

存储温度：-20 — 60°C

电池型号：聚合物可充电电池

待机时间：不使用计步器和蓝牙时，S1约4个月，S2约6个月。

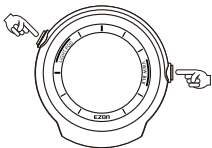
续航时间：使用计步器和蓝牙，S1约20天，S2约30天。

防水等级：S1为30米(生活防水)，S2为50米(普通游泳)。

Introduction

Thank you for choosing EZON sport swatch. This watch has a built-in pedometer which can measure walking or running steps, display exercise distance and calories burned. Furthermore, you can also review the exercise data and histogram in the "EzonFit" App after finishing exercise.

Entering / Removing the Sleeping Status

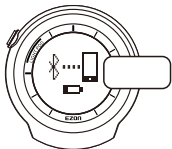


The watch factory setting is in the sleeping status that nothing is displayed on the screen. Press down two button together for 2 seconds to remove the sleeping status, then the watch will display the time.

If the watch still displays nothing, it may be because the battery level is too low . Please charge the battery with the USB cable in the box.

In the displaying status, press down two buttons together for 2 seconds to enter the sleeping status.

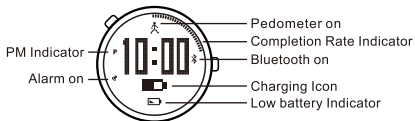
Charging the Battery



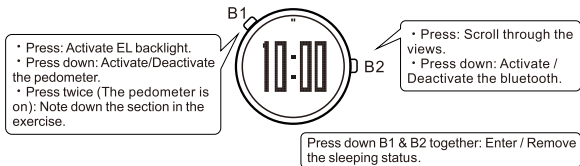
Clip the watch with the clamps of the USB cable, and the location strip in the clamp must be plugged into the concave at the back of the watch to ensure their electrodes are contacted. Connect another side of the USB cable to a power source. The battery is being charged when the charging icon is flashing.

The charging icon stops flashing when the battery is charged fully. It takes 2-3 hours to make full charging if the battery has run down.

Symbols on the Watch



Watch Button



Downloading "EzonFit" App

Setting the watch, reviewing and saving exercise data are all operated in the "EzonFit" App. Please login <http://ezonwatch.com/ezonsport> or scan one of the following QR codes according to your device operating system to download the "EzonFit" App.



iOS



Android

Device compatibility: Apple's device and android device with bluetooth 4.0.

System compatibility: iOS 6.0 and newer, android operating system 4.3 and newer.

Signing up and Logging

After downloading the "EzonFit" App, click "Sign up" and finish registering according to the prompt.

You can login the "EzonFit" App with the username and password signed up, then fill in personal information in the "my profile" page. Turn on the bluetooth in the mobile device and watch, then click "Bind", then bind the watch to the "EzonFit" App according to the prompt.

Setting and Synchronizing the Data

Before the first time you use the watch, you should set the watch based on your individual circumstances. Log in the "EzonFit" App, click "☰" > "⚙️", then set the parameters according to the prompt.

After finishing exercise, log in the "EzonFit" App. Then click "↻" to transfer the exercise data to the App. You can review your exercise data and show them to your friends in the App.

While the watch displays as the right picture, it means the watch should be linked to the "EzonFit" App. Log in the "EzonFit" App, and move the watch near to the mobile device.

In the process of setting, linking, synchronizing the data and adding devices, please ensure that the bluetooth in the watch and the mobile device have been activated.



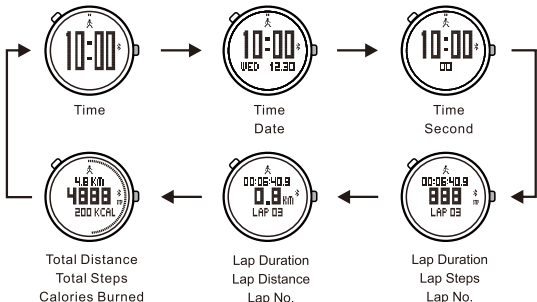
Banding a New Watch

Before you use a new EZON fit sport watch, you should band the watch to the "EzonFit" App.

Log in the "EzonFit" App, click "⚙️" > "My devices" > "Add a device", then operate according to the prompt.

Reviewing Exercise Data on the Watch

Press button B2 to scroll through the following views: time, date, second, lap steps, lap distance and daily total exercise data, etc. When the pedometer is deactivated, you can not review exercise data such as steps, distance, etc.



Reminder

The watch will display a reminder (see below) based on the settings. Press any button to exit from the reminder.



Call Reminder



Sedentariness
Reminder



Exercise Reminder



Alarm Reminder

Specification

Time precision : +/-1 second / day (+/- 30 seconds / month)

Operation temperature : - 10 — 60°C

Storage temperature : - 20 — 60°C

Battery type : Rechargeable polymer battery

Battery life (with the pedometer and bluetooth function off) :

S1: About 4 months

S2 : About 6 months

Battery life(with the pedometer and bluetooth function on) :

S1: About 20 days

S2 : About 30 days

Water resistant :

S1: 3 ATM (General)

S2 : 5 ATM (Swimming)

EZON 宜准

M802-4